

Archie Graham Community Centre

June 2020

Hello Friends of the Archie Graham Community Centre

COVID 19 restrictions are being relaxed in Victoria and staff at the Archie Graham Community Centre are looking at how to ensure patrons are safe when we re-open the doors. No date has been set yet. Managing numbers in the centre will require bookings for programs and the freedom to 'drop-in' will be very limited. Archie Reception staff continue to be available to respond to your enquiries on 5559 4920 and agccustserv@warrnambool.vic.gov.au

Meals on Wheels, Home Support, Social Support and Respite Teams continue to provide services and they can be contacted on 5559 4801 and agccustserv@warrnambool.vic.gov.au

COVID 19 UPDATE What you need to keep doing (source: Dept of Health & Human Services Victoria; 25/5/20)

- Practice good hygiene
- Maintain physical distancing, keep at least 1.5 metres away from others
- Understand the risk and symptoms
- Help continue to slow the spread of COVID-19 by getting tested, even if you have mild symptoms
- Stay home and avoid contact if you're feeling unwell
- Take care wherever you go, assume others may be carrying the virus

If you have symptoms of COVID-19 phone your GP or call the hotline 1800 675 398

For the latest COVID 19 updates go to: www.dhhs.vic.gov.au/coronavirus or call Archie Reception and staff will assist you to find the information you need.



WITH GRATITUDE

Have you seen this beautiful artwork by Jacqui Eberbach on the Surf Club door?

Treat yourself and take a look.

Choose a time when you can safely keep 1.5m from others and enjoy it. It is on the beach-side of the building.

While you are there, make time to take in the sights & sounds of the beach. Ahhhh

How fortunate we are to live in Warrnambool!

Jacqui said: *I was inspired to use the first aid window at the WSLSC as a beacon of light during the pandemic. The embraced bouquet represents that we are all in this together. It is an expression of gratitude to many parts of our community for adhering to the restricted measures introduced in these times.*

It is also intended as a reflection on the things in one's life to be grateful for... who would I like to give this bouquet of native flowers to today?

KEEPING A DAILY GRATITUDE JOURNAL Now is a perfect time to start a gratitude diary. <https://theresilienceproject.com.au/at-home/everyone/> Three questions to reflect on and write about are:

1. What is the best thing that happened to me today?
2. Who am I most grateful for today and why?
3. What am I looking forward to most tomorrow?

Reconciliation Week

27 MAY – 3 JUNE

In this together

National Reconciliation Week
2020

In 2020 **Reconciliation Australia** marks **twenty years** of shaping Australia's journey towards a more just, equitable and reconciled nation.

2020 also marks the twentieth anniversary of the reconciliation walks of 2000, when people came together to walk on bridges and roads across the nation and show their support for a more reconciled Australia.

As always, we stand on the shoulders of those who came before us.

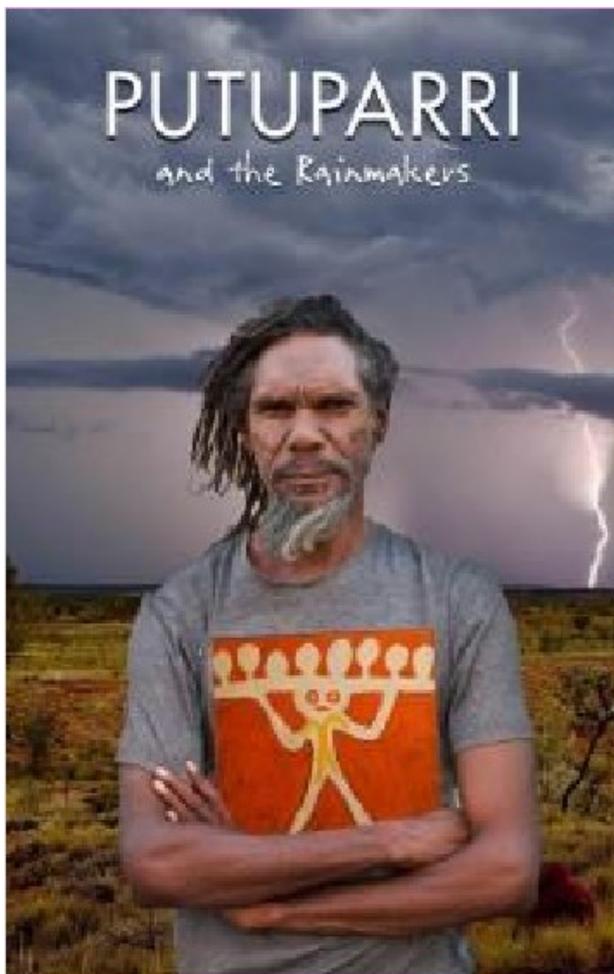
This year's theme - **In this together** - is now resonating in ways we could not have foreseen when announced last year, but it reminds us whether in a crisis or in reconciliation we are all 'IN THIS TOGETHER'

To our Warrnambool community, we wish to introduce our Wata Waetnanda group.

Wata Waetnanda means 'come together' in Peek Whuurong language. We are a group of people making it our business to learn all that we can about local Aboriginal cultures and local history before and after colonisation. We want to build relationships between Aboriginal and non-Aboriginal people based on mutual trust and respect. Wata Waetnanda commence each meeting by reading the Dadirri poem.

(See opposite page) Please take the time to read it and feel free to share it with family and friends.

To find out more about the Wata Waetnanda mission and aims, go to the **Wata Waetnanda** Facebook page. Please follow, like and share our posts. You can also keep up to date with what is happening in Warrnambool during Reconciliation Week.



In this together
National Reconciliation Week
2020

27 MAY – 3 JUNE

WARRNAMBOOL RECONCILIATION WEEK 2020

JOIN IN FOR THIS YEAR'S FREE RECONCILIATION WEEK FILM

HOW: SEND YOUR EMAIL ADDRESS TO: efalla@swh.net.au

WHEN: BETWEEN THE 17/5/2020 - 3/6/2020

YOU WILL RECEIVE AN EMAIL WITH A LINK TO WATCH THE FILM FROM HOME.

IF YOU WOULD LIKE TO WATCH THE TRAILER VISIT:

<https://www.sbs.com.au/explainer/host-screening-putuparri-and-rainmakers>

DUE TO COVID-19 WE WILL BE CELEBRATING AND LEARNING FROM HOME

JOIN OUR FACEBOOK PAGE FOR MORE INFORMATION: WATA WAETNANDA



WATA WAETNANDA



Reconciliation Week

27 MAY – 3 JUNE

Dadirri.

In this
together

National Reconciliation Week
2020

Dadirri. A special quality, a unique gift of the Aboriginal People, is inner deep listening and quiet still awareness. Dadirri recognises the deep spring that is inside us. It is something like what you call contemplation. The contemplative way of Dadirri spreads over our whole life. It renews us and brings us peace. It makes us feel whole again. In our Aboriginal way we learnt to listen from our earliest times. We could not live good and useful lives unless we listened.

We are not threatened by silence. We are completely at home in it. Our Aboriginal way has taught us to be still and wait. We do not try to hurry things up. We let them follow their natural course – like the seasons.

We watch the moon in each of its phases. We wait for the rain to fill our rivers and water the thirsty earth. When twilights comes we prepare for the night. At dawn we rise with the sun. We watch the bushfoods and wait for them to open before we gather them. We wait for our young people as they grow; stage by stage, through their initiation ceremonies. When a relation dies we wait for a long time with the sorrow. We own our grief and allow it to heal slowly. We wait for the right time for our ceremonies and meetings. The right people must be present. Careful preparations must be made. We don't mind waiting because we want things to be done with care. Sometimes many hours will be spent on painting the body before an important ceremony. We don't worry. We know that in time and in the spirit of Dadirri (that deep listening and quiet stillness) the way will be made clear.

We are like the tree standing in the middle of a bushfire sweeping through the timber. The leaves are scorched and the tough bark is scarred and burnt, but inside the tree the sap is still flowing and under the ground the roots are still strong. Like that tree we have endured the flames and we still have the power to be re-born.

Our people are used to the struggle and the long waiting. We still wait for the white people to understand us better. We ourselves have the white man's language; we have listened to what he had to say. This learning and listening should go both ways. We are hoping people will come closer. We keep on longing for the things that we have always hoped for, respect and understanding.

We know that our white brothers and sisters carry their own particular burdens. We believe that if they let us come to them, if they open up their minds and hearts to us, we may lighten their burdens. There is a struggle for us, but we have not lost our spirit of Dadirri.

There are deep springs within each of us. Within this deep spring, which is the very spirit, is a sound. The sound of deep calling to deep. The time for rebirth is now. If our culture is alive and strong and respected it will grow. It will not die and our spirit will not die. I believe that the spirit of Dadirri that we have to offer will blossom and grow, not just within ourselves but in all.

Edited version adapted from the writings of Miriam Rose Ungenmerr

Archie Fees and Charges 2020-2021

The proposed Fees and Charges for the 2020 – 2021 Financial Year effective as of the **1 July 2020**, are pending approval in the adopted Warrnambool City Council budget.

The following list includes the comparative rates from the previous financial year.

Fees and Charges	2018-19	2020-2021
Exercise classes: Strength Training, Pulselite, Stepping Stones, Moove & Groove	\$6.00	\$6.00
Hydro pool casual admission	\$9.00	\$9.00
Hydro pool; 10 session pre-paid	\$75.00	\$75.00
Commercial rate – pool hire per hour	\$95.00	\$95.00
Community rate – pool hire per hour	\$65.00	\$65.00
Commercial rate – room hire per hour	\$60.00	\$65.00
Commercial rate - room booking with more than 10 bookings per year	\$45.00	\$55.00
Community rate – room hire per hour	\$35.00	\$35.00
Monthly or weekly community rate – room booking with more than ten bookings per year (under 20 people per hour per room)	\$20.00	\$20.00
Community Computer Centre – per 1 hour session	\$5.00	\$6.00
Bike Hire – Group Program	\$4.00	\$5.00

Please do not hesitate to contact Clare Vaughan, Coordinator Community Programs at Archie Graham Community Centre on 5559 4920 should you have any queries.

Heart Foundation Walking & Social Cycling

The National Heart Foundation have announced that the Walking Groups can recommence as of Saturday 20 June and therefore we will plan for our Archie groups to recommence on:

- Monday 22 June 10am from on the deck out the front of the Surf Club
- Tuesday 23 June 4.30pm from out the front of Aquazone
- Friday 26 June 10am from out the front of Northpoint/Centro Shopping Centre

Volunteers will be available fifteen minutes before the walks to meet, greet and ensure group numbers don't exceed the regulations. We look forward to seeing our regular walkers when you are ready. New comers are welcome - please contact Clare Vaughan on 5559 4920 prior to joining the group.

Social Cyclists

The social cyclists will also resume group rides on Monday 22 June 10am from the bike shed in the Shipwreck Bay Holiday Park. Regular riders including those requiring bike hire are welcome. Please bring your own thermos and mug. New comers are welcome - please contact Clare Vaughan on 5559 4920 prior to joining the group.

PLEASE NOTE: everyone participating in a Heart Foundation walk and Social Cycling ride must:

- continue social distancing (keeping 1.5m distance from others)
- stay home if unwell (e.g. fever, cough, runny nose, sore throat etc)
- seek testing for any COVID-19 symptoms; report a positive test result to the HFW team asap
- practice good hand hygiene and cover coughs and sneezes.

The Heart Foundation and the Community Programs Co-ord encourages walkers and cyclists to:

- download the COVIDSAFE app and use it at all times;
- get the annual flu (influenza) vaccination; and
- talk to their doctor about whether re-joining the walks at this stage is appropriate, particularly if participants with chronic health conditions.

All queries are to be directed to Clare Vaughan, on 5559 4920 or cvaughan@warrnambool.vic.gov.au

Gentle Exercise & Pain Management

The Australian Physiotherapy Association website: www.safeexerciseathome.org.au/ has videos in the resources tab that are safe and effective to maintain balance, strength and coordination.

The Archie Home-based Exercise Videos are available on the Warrnambool City Council Website <https://www.warrnambool.vic.gov.au/home-exercise-videos> .

Gentle exercise programs, chair-based yoga and now Tai Chi programs are included in Archie newsletters. April, May and now June newsletters are available from www.warrnambool.vic.gov.au/archie-newsletter or by contacting the Archie Graham Community Centre Reception on 5559 4920

The Archie Hydrotherapy Pool provides a safe and supportive exercise environment, which for pool soothes aches and pains for many of the regular users.

During the time the Community Centre has been closed, Archie Reception staff have received enquiries about when the pool will re-open. Unfortunately we still don't have a timeframe for this yet, however we do know that bookings will be essential.



*The Archie Hydrotherapy Pool
Pre- March 2020*

Pain Management

Bridget Lane, Warrnambool Chiropractor, Mindfulness and Meditation Practitioner has provided some information about pain management for those who are experiencing pain and missing the hydrotherapy pool or regular exercise class at Archie to ease it.



Movement

Whilst your usual exercise routine is not possible, gentle movements at home are highly recommended. Allow 20 minutes of movement for muscle activation and blood flow. Too much sitting is not helpful.

Kindness

Our pain can be our friend. It's common to feel frustrated, angry or perhaps fearful of our pain and kindness can rarely come into the mind. We can experiment and try to smile at the pain or perhaps we talk to the pain, 'It's ok for you to be here', 'I see you're back again old friend'. With daily practice we can form a different relationship to our pain, one that is more caring and kind.

Distraction

Our brains become sensitive to our pain; the more we focus on our pain the more it intensifies. We can learn to distract ourselves from our pain by focusing our attention on a different sensation in the body. Common areas that we can move our attention to are the lips, the face, the hands or the feet, which must be pain free. It's like learning a new skill, it takes time and persistence in order to redirect our attention to a different, pain free area in the body. We must do this daily in order to feel results.

Relaxation

We can have underlying muscle tension in the body that can contribute to our pain. A deep breath, bringing oxygen into the body can be very useful in relaxing tension. Simply take a deep breath in and feel the movement of your belly or your chest, a long inhalation and slow exhalation. Or why not pick up an old hobby that relaxes you? Or listen to music? Or read a book? Or draw?

It is crucial in times of crisis that we take care of ourselves. The above techniques when used regularly, will assist in managing pain.

Tai Chi

Thanks to Linda Schlaghecke and Rhonda McDonnell for this series of photos that demonstrate Tai Chi moves to compliment the videos available on the Warrnambool City Council website.

www.warrnambool.vic.gov.au/home-exercise-videos

Tai Chi is well recognised as an effective form of exercise to improve balance and strength and it is helpful for people with arthritic pain. When the Archie Graham Community Centre is open, Linda leads Tai Chi on Mondays at 10am for members of the Senior Citizens Club.



SEPARATING THE CLOUDS: Breathe in as you scoop your hands in front of your body, crossing them at the wrists. Take your arms above your head.

Breathe out as you sink down and bring your hands down both sides of your body.

X3



SCOOP THE SEA

Breathe in as you place your leg in front of you and transfer your weight forward, while scooping your hands in front of you and raising them above your head.

Breathe out as you transfer your weight back onto your right leg (lifting the front toes) and lower your arms back to your sides. Alternate left & right X3



PUSH THE WAVES:

Breathe in as you place your left foot in front of you (toes up) and raise your hands to chest height, with your palms forward and elbows down.

Breathe out as you transfer your weight onto the front foot (lowering the front toes), and push forward with your hands. Breathe in again as you transfer the weight back and draw your hands in toward your chest.

X3



DOVES SPREADS WINGS

Breathe in as you place your left foot in front of you (toes up) and raise your arms out to your sides (palms forward).

Breathe out as your transfer your weight forward (lowering the front toes) and sweep your arms inward until they are shoulder width apart in front of you. Breathe in again as you transfer your weight and arms back, ready to repeat movement

X3

Technology Support



Australian Government

Be Connected

Every Australian online.

www.beconnected.esafety.gov.au

Be Connected Website Self-help Tools

To help you get started with using the *Be Connected Website Self-help Tools*, the list of topics provided below may well be all you need:

The absolute basics

New to computers? This is the perfect place to start. Learn the essentials of how to use a computer, laptop, tablet or smartphone and find out how you can access the internet.

Getting to know your device

This topic will teach you the basic functions of a keyboard, mouse and computer, including how to

- All about Apple iPhones
- All about Android phones
- All about Apple iPads
- All about Android tablets
- Apple desktop: Getting started
- Windows desktop: Getting started
- Apple laptop: Getting started
- Windows laptop: Getting started

change settings and manage your files. There are step-by-step tips available for the following devices:

Getting started online

Navigating the online world can be a little tricky at first, but this course will teach you some essential skills to getting started online.

Safety first

Protect your personal information and money with hints and tips to help you stay safer online.

- Online shopping overview
- Socialising online
- Using Facebook overview
- Using a digital camera
- Watching and listening online

More online skills

Connecting to others

Need a helping hand with video calls? Find out how to get set up from your phone, tablet or computer.

All about data

Everything you need to know about data: what it is, how it's measured and hints and tips on how to get the most out of your data allowance at home, out and about or overseas.

Wi-Fi and mobile networks

How do you set up a Wi-Fi network to use the internet at home? Is it safe to connect to public Wi-Fi?

Online hobbies

Time for a bit of fun. Learn how you can build your family tree, travel to places far and wide without leaving your chair, and how to create your very own blog to share your experiences and knowledge.

All about Apps and Games

Wondering what all the fuss is about? These topic takes you into the world of apps, or Applications, the little amazing programs that can help you do almost anything and Games. Life would be very dull without some playtime. We have fun games designed specifically for laptop and desktop computer users, as well as for those with smartphones and tablets.

Technology Support from Archie Volunteers

In the past month we have only had half a dozen calls requesting technology support and these have tended to be simple queries that have been easily resolved over the phone.

If you wish to make a start online - now is a great time to try.

Contact Clare at Archie Reception on 5559 4920, to talk about the type of technology support you need. Our volunteers will be available for face-to-face support when it is safe to do so.

Mental Health and coronavirus (COVID-19)

Information for seniors

Source: Victorian Department of Human Services:

<https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19> Accessed 25/5/2020

Looking after your mental health during the coronavirus (COVID-19) pandemic

We recognise the feelings of anxiety and concern many people may be experiencing during this time. Older people are at higher risk from coronavirus (COVID-19) which may result in increased stress. Fear and anxiety about the pandemic can be overwhelming and cause strong emotions.

Read below for some important and helpful advice from Beyond Blue, clinical psychologist Dr Michelle Lim and Lifeline Australia.

Tips for staying calm and healthy

In terms of your physical health, the most important thing you can do is maintain basic hygiene, particularly frequently washing your hands with soap or using hand sanitiser.

For your mental wellbeing, there are a number of things you can do:

- Maintain a healthy diet, exercise and sleep regime.
- Talk to loved ones about worries and concerns.
- Engage in hobbies and enjoyable activities.
- Be prepared – ensure you have enough food, supplies and medication on hand. Ask for help collecting these items where possible.
- Avoid or reduce your use of alcohol and tobacco.

You may feel stressed listening to the news, so make sure you receive information through trusted and credible sources, rather than social media. Make sure one of those sources is specific to your state. This will help you feel more in control.

If you can't access the internet, get a friend or family member to read you or show you the most up-to-date information from credible sources. www.coronavirus.vic.gov.au

Staying positive

While it might feel like we don't have control of current events, it's important to remember that we can do many things to feel empowered and enabled.

Find opportunities of sharing positive and hopeful stories with others, generate positive emotions by sharing memories, and take the opportunity to show acts of kindness.

Staying connected

It's important to stay connected with friends and family at this time to reduce feelings of loneliness and isolation.

For older Australians, now might be the time to embrace technology. Younger family members can help you get set up and guide you through the process. Give it a go!

If you are more comfortable with the phone, call friends and family for regular catch-ups.

You could even write notes or letters.

Mental Health and coronavirus (COVID-19)

Information for seniors

Source: Victorian Department of Human Services:

<https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19> Accessed 25/5/2020

For those in self-isolation or quarantine

There are a number of ways to support your mental health during periods of self-isolation quarantine.

- Remind yourself that this is a temporary time of isolation to slow the spread of the virus.
- Remember that your effort is helping others in the community avoid contracting the virus.
- Routines sound dull, but they're good for our mental health.
- Try to go to sleep and wake up at the same time, eat at regular times, shower, and change your clothes. This will help you to manage your days and adjust when life starts to go back to normal.
- Try to maintain physical activity.
- Manage your stress levels, and if needed, increase your coping strategies (for example, listening to music, watching your favourite shows, meditation or exercise).
- Keep taking your medication. Phone or email your GP or pharmacist to find out how to get any new prescriptions you may need. If you're staying at home and that's disrupting your routine, set reminders to take your medicine when you need to.
- For those already managing mental health issues, continue to take any prescribed medication, continue with your treatment plan and monitor for any new symptoms.

Conversations with older Victorians

Families and caregivers of older people should discuss news of coronavirus (COVID-19) in an open and honest way. There are some practical things you can do:

Keep in contact by phone or using technology like video chat that allows you to see each other.

- Ensure they have enough supplies and offer to pick up on their behalf.
- Make sure they are eating healthy foods and staying active.
- Stress the importance of social distancing and/or isolation for the sake of their own health and the health of others.
- Acknowledge their feelings of anxiety and distress when they are asked to modify their routines and activities.
- Help family members or neighbours establish a new daily or weekly routine.

Supporting older people during the coronavirus pandemic

Social connection and practical support are always important for the wellbeing of older people, but during the COVID-19 pandemic, they are more important than ever.

For those who live alone, are on a fixed income, can no longer get around independently, or have undiagnosed or poorly managed mental health conditions, regular and reliable support is vital.



More information is available from Beyondblue: <https://coronavirus.beyondblue.org.au/i-am-supporting-others/older-people/supporting-older-people-during-the-coronavirus-pandemic.html>

Victorian Seniors Festival Reimagined 2020



This year we are bringing the Festival straight to your home through online performances, zoom interviews and story-telling. 2020 is the 38th year the Festival has run and we are delighted to get *in the groove* - with performances by many of your favourites and some new performers we think you will enjoy. This year we welcome Tristan Meecham and Bec Reid as our hosts.

With strict social distancing rules in place, Bec and Tristan meet and host our performers from the comfort of their own homes using technology in ways the Festival never knew were possible. We've had a lot of fun creating and reimagining the Festival for you, and we hope you enjoy it - and sing along! Leave us a comment on our website or through social media, and get in the groove!



Kutcha Edwards: For Aboriginal performer Kutcha Edwards, singing is more than entertainment or a means to pay the bills; it's a way for him to share his culture.



Tania Kernaghan: Country music legend Tania Kernaghan first took to the stage as an eight-year-old, performing for senior citizens with her talented siblings



The Hopefuls Katrina Gaskell and Enio Pozzebon: After decades of working together, and apart, on other people's projects, Melbourne creatives Katrina Gaskell and Enio Pozzebon combined their respective puppetry and musical talents to form Bonkel Theatre.



Catalina Gonzalez: Colombian dance teacher Catalina Gonzalez says the purpose of her Zumba classes for seniors is to create joy and connection.



Lonnie Lee: More than sixty years on, Australian rockabilly pioneer Lonnie Lee still performs with the same passion he brought to the stage as a 15-year-old, with his pedometer showing he travels up to eight kilometres across the stage during a 90 minute show.

New performances will be added to the Seniors Online website weekly right through till October
<https://www.seniorsonline.vic.gov.au/festivalsandawards>

The Seniors Festival and Seniors Card Facebook page will regularly share performance announcements and general interest posts for your interest and entertainment.
<https://www.facebook.com/SeniorsCardVIC/>

For those not yet using the internet, radio shows will also be available soon. We are pleased to announce Seniors Festival shows will be broadcast on our local community radio station 3WAY FM. Details will be in the July newsletter.



World Environment Day - Friday 5 June 2020

The World Environment Day Theme for 2020 is BIODIVERSITY.



It's time to go wild in Warrnambool!

After being in COVID-19 isolation for the past few weeks, many people are really appreciating our natural environment and noticing the animals and plants that we take for granted at other times.

Join the Wild Warrnambool Bioquest - a citizen science project that will open your eyes to our amazing natural environment.

Help us map the wildlife around Warrnambool. Photograph and submit your sightings of plants, animals, birds and insects.

What amazing species will you find in your garden or when out on a walk?

How to play: Check out the website. <https://questagame.com/> or Download the app. Register and login

After a few intro screens, you'll land on your dashboard screen. As you play the game, you should try your best to earn gold (points) by either:

1. Submitting sightings of animals, plants and fungi you find in the wild, or
2. Identifying the sightings of other players.



If you don't have a smartphone or internet see if you can find the following birds in your back yard or park. Take a photo and send it in to Clare Vaughan at agccustserv@warrnambool.vic.gov.au and we will share them. These are five favourites that are regular visitors to Warrnambool gardens.



Superb Fairy Wrens



Silvereye



Grey Fantail



New Holland Honeyeater



Singing Honeyeater

Resources & Announcements

Elder Abuse

Seniors Rights Victoria have issued an alert highlighting the potential increase of Elder Abuse in the community as a hidden impact of the COVID-19 emergency.

Research suggests that up to 14 per cent of older people may experience it in the form of physical, emotional, financial, social or sexual abuse.

Elder abuse can cause stress, anxiety and depression and lead to increased risk of ill health, hospitalisation and early death. Seniors Rights Victoria Manager, Jenny Blakey said the major stress being caused by the unprecedented and drastic changes to the social fabric of Australia could cause an increase in elder abuse.

“Elder abuse is any mistreatment of an older person by another person with whom they have a relationship of trust. Often that person is a family member or carer, but it could be a friend or neighbour on whom they depend.”

Ms Blakey said in the current economic climate with large numbers of job losses and people being unable to pay their rent or home loans, the trend to move and live with older parents or other relatives will be driven by financial necessity. “Depending on family relationships and arrangements this may work out, however, at Seniors Victoria we deal with cases that have resulted in elder abuse.”

The different forms of elder abuse are ways for another person to take over or control the life or property of an older person, Ms Blakey said.

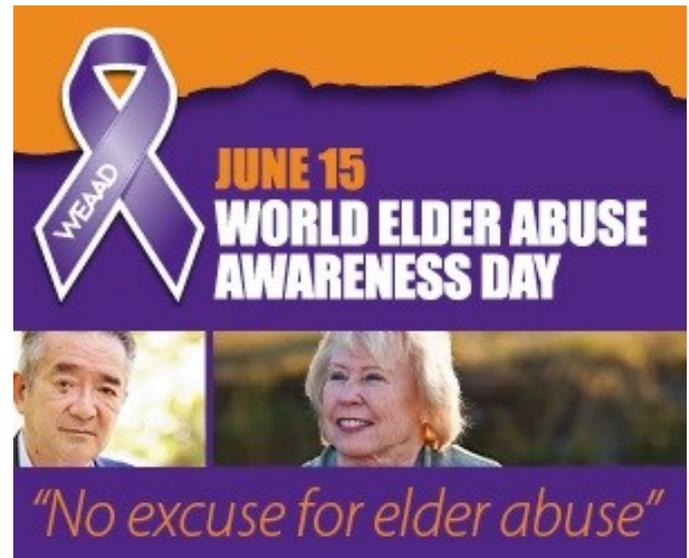
2020 Warm Safe Home Forum

South West Carer & Respite Services Network and Seniors Rights Victoria are partnering to bring the 2020 Elder Abuse Prevention Regional Forum to South West Victoria this year.

The 2020 Warm Safe Home Forum will run on Thursday June 18th with keynote address by The Hon Susan Ryan AO Age Discrimination Commissioner 2011-16.

This 90 minute forum will be delivered online and will be free to attend. A limited amount of places for people without internet access are also available for people to listen to the forum over the phone.

For more information and to register please contact Elder Abuse Prevention Project Worker Becky Nevin Berger at rnevinberger@mpower.org.au or via MPower 55618111



The Hon Susan Ryan AO

Resources & Announcements

Katherine Firkin Author Event



Sticks and Stones is a gritty & thrilling read set amidst inner-city Melbourne and is inspired by the countless criminal trials Katherine covered as a crime and court reporter and the unbelievably graphic details that often went unreported outside of the court room.



Warrnambool Library invites you to join us talking with Katherine about her new book via Zoom, 7.30pm Thursday 4th June.

Free event but bookings are essential via <https://www.eventbrite.com.au/e/katherine-firkin-sticks-and-stones-tickets-105040827944>



When carers over-care. Do you find yourself doing more for the person you support than you would like?

Is your energy low from trying to anticipate their every need? Perhaps you have fallen into the trap of 'over-caring'. This one hour workshop explores what the concept of over-caring means for you and the person you care for. It will give opportunity to reflect on your caring style and make changes to benefit both of you.

Who should attend:

The workshop is open to families and carers

Topics include:

- What is over-caring?
- The effects of over-caring?
- Strategies to manage over-caring

Bookings information:

To secure a place visit

www.carersvic6848.eventbrite.com.au

or call 1800 514 845 & quote #6848

When:

Friday 5 June

Time:

1.30pm—2.30pm

Online workshop one hour duration

Where Online event via Zoom. Access details are sent via email after registration

Cost: Free

Carers Victoria Education Services

1800 514 845

Dementia Australia presents Family Information and Support Session:

MANAGING THE CHANGES

- Introduction to dementia
- The changes in behaviour and communication caused by dementia.
- Communication strategies; a problem solving approach to better manage changes.
- Carer coping and getting support is covered.

Online via ZOOM 10.30am - 12.30pm, Friday 26 June 2020

Suitable for: Family carers and family members of people living with dementia.

Online via Zoom. You will be called before the course and sent an email with instructions

For bookings, call Lisa Reed on 03 9815 7822

Cost: Free

Resources & Announcements



Neighbourhood Houses
The heart of our community

Support for West Warrnambool / Dennington Residents

If you live in the West Warrnambool or Dennington area, West Warrnambool Neighbourhood House is providing an outreach service together with Lifeline and Warrnambool & District Foodshare.

For items such as: Blankets, Warm Clothes, Food Hampers, Toiletries, Books, Puzzles, Games and DVD

Contact Jill on telephone 0418 944 276 or via email: jbourke@warrnambool.vic.gov.au

Have you had a flu shot yet?

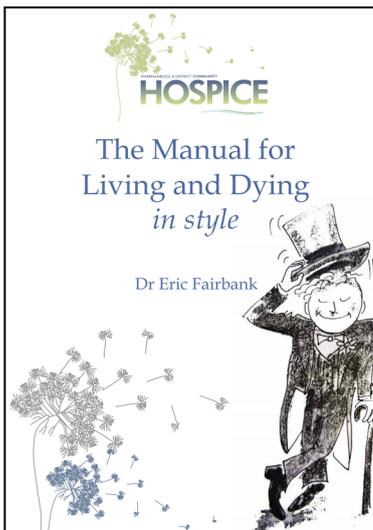
Influenza is a very contagious infection of the airways. It is especially serious for people more than 65 years old.

The influenza vaccine is free for seniors aged 65 years and over. The influenza virus strains change every year and the vaccine changes every year to match these strains. That's why it's important for people to get the vaccine every year. Contact your GP for an appointment.

Have you blown out at least 65 candles?

Our SWH GP clinic, South West Medical Centre, still has available flu vaccine for people aged 65 and above. If you're in this group and haven't yet had your flu shot, give them a call on 5563 4370.

And yes, new patients are most welcome.



End of Life Seminars - Dr Eric Fairbank

Dr Eric Fairbank has been leading monthly *End of Life Seminars* at the Archie Graham Community Centre for several years. Unfortunately these sessions are on hold while the Community Centre is temporarily closed.

'*The Manual for Living and Dying in Style*' by Dr Fairbank is available online on the Palliative Care Victoria website.

If you don't have access to the internet, contact Archie Reception staff and we will source you a copy. A small fee may apply.

<https://www.pallcarevic.asn.au/library-media/the-manual-for-living-and-dying-in-style/>

Congratulations and Thanks

In response to the invitation in the May Archie newsletter to send poems about the Archie Graham Community Centre to Archie Reception - we have a winner! Congratulations to Valerie Cameron who received a home delivery of a mystery box of goodies from Materia's Fruit and Veggie Suppliers. Valerie's poem is displayed in the Tasty Plate Café along with other competition entries.

Poems, crosswords, spot the difference photo entries are still welcome. Send in your entries to Clare Vaughan at agccustserv@warrnambool.vic.gov.au or pop it in the post to Archie Graham Community Centre, PO Box 198 W'bool 3280



Our doors might be temporarily closed at the Archie Graham Community Centre but our Reception Staff continue to be available 9am-5pm Monday to Friday to respond to your phone calls and emails.

Contact us by phone: 5559 4920 or email: agccustserv@warrnambool.vic.gov.au